



A nutrition newsletter for carers of children under five

ISSUE 19

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Autumn 2006

Drinks for Children insert included to copy and distribute or multiple copies available from SA Dental Service.

Developing healthy lifestyle habits for children

By Mel Tinney, Dietitian/Nutritionist, Inner Southern Community Health Service

'What are the best foods to feed my child/children?' is a question often asked by parents who may be confused by all the masses of information available. Health workers are worried about our children not eating a healthy diet and putting on too much weight at a young age and what that may mean for their health in the long term. Of course we may put the healthy foods in front of them, but what if they won't eat them?

What is healthy eating?

Healthy eating may be summed up as eating a variety of foods from across the five food groups, avoiding too much fat, sugar and salt as well as eating enough fibre.

Both adults and children should base their diet around the bread, cereals, rice, pasta and noodles food group; as well as the vegetables, legumes and fruit group.

Wholemeal or wholegrain cereals are higher in fibre than white and higher in other nutrients as well. If children refuse to eat wholemeal/whole grain bread, have you tried the half way choice; white bread with added fibre (not the best but better than white)?



Continued page 2...

Welcome

to the first issue for 2006 and what an interesting one it is!

Encouraging children to lead healthy lifestyles by choosing healthy food and keeping active is not only the responsibility of parents but **all** adults. Children need advice and guidance as well as good role models. This issue is full of great ideas to encourage children to choose healthy food and to keep active.

TV food ads can also influence what foods children choose to eat and therefore how healthy they are. Unfortunately the current regulations aren't protecting children. Read inside this issue to find out what you can do to help.

Feel like some juicy, sweet, fresh fruit? We give you a great recipe that will make your mouth water! This issue will keep you informed of the latest in training. We also fill you in on some great resources including the 'Drinks for Children' pamphlet you will find with this issue of Food Matters.

We hope this issue provides you with some great ideas to encourage healthy lifestyles for both yourself and the children around you. Happy reading!

Paula Nash
Editor and Dietitian (APD)
Nutrition Department
Children, Youth & Women's Health Service



Fruits, vegetables and legumes (eg, baked beans) are high in fibre and nutrients.

Vitamin C is a very special vitamin that the body can't make itself and so foods containing vitamin C must be eaten every day. The guide '2 fruit and 5 vegetables' per day is easy to remember and work towards. Fruit tastes better when it is fresh, crisp and at its peak. This might be easier to find in a smaller fruit and vegetable shop where you can ask for a sample first!

The **Dairy** group is next with a daily need for milk, yoghurt and cheese to give calcium to the body for strong bones. After two years reduced fat milk, cheese and yoghurt should be encouraged.

The **Meat/Protein** group are also needed every day. This includes meat, fish, poultry, eggs, nuts and legumes (lentils, baked beans etc.). This group gives the body essential protein, vitamins and minerals, especially iron.

The final food group is the **Extra** foods which are called this because they may be high in fat, sugar or salt and they are often high in energy (calories/kilojoules) and so take away hunger for more nutritious foods. Foods in the Extras group include soft drink (12 tsp sugar in each can!), take away foods, especially deep-fried, lollies, chocolates, sweet cakes and biscuits.

These foods should not be used as special treats as this will make that food more desirable to children. It is okay to include 'extra' foods as part of a healthy diet but only in small amounts and on special occasions.



What about activity?

Keeping the body active is great for children (and adults too). The healthy amount each day is at least 60 minutes for children. Try to limit TV and computer time to less than two hours daily. Here are some ideas:

- play games outside such as hopscotch or ride a bike
- play on playground equipment
- walk a pet
- kick a ball against a wall or with a friend
- dance to music.

Being active keeps the heart, lungs and body healthy and strong.

Label reading

How do you know what is healthy when it is in a package? Nutrition panels are on every package and can be confusing.

As a guide look for products which contain:

- Total fat < 10g/100g
- Total sugar (except breakfast cereal) < 10g/100g
- Total sugar (breakfast cereal) < 20g/100g (no fruit) or < 25g/100g (with fruit).

So how do we encourage children to eat healthy foods and be more active?

It helps to role model healthy eating at home, in childcare centres and at schools.

Make sure healthy choices such as great tasting fruit and vegetables/salads are in the kitchen and on the table daily. It is a good idea to offer 'extra' foods on special occasions only. Children will be more likely to eat healthy choices if the adults around them are eating this way and enjoying it!

Sharing food at the dinner table (without the TV!) most nights of the week has been shown to improve children's food choices.

It also helps to support children to be more active if adults are also active. Make time to fit in a walk on the beach, a hit of tennis, a swim in the pool or a ride on the bike - the list is endless.

Drink more water

An easy choice is drinking more tap water. Tap water contains fluoride, which helps to strengthen tooth enamel/teeth. Making sure that tap water is always available to drink at home or in the childcare setting is a must for healthy bodies.

Other drinks such as soft drink, cordial and fruit juice are high in sugar and energy (calories/kilojoules). The acid in fruit juice can damage teeth. To avoid excess weight gain and tooth decay:

- limit fruit juice to one glass per day with a meal
- limit soft drink and cordial to once a week

If drunk in large amounts it may lead to problems with excess weight gain or teeth decay.



Healthy lunch box

So what is a healthy lunch box? This can vary as each child likes different foods, so let's take the five food groups into the lunch box as a guide. Include:

- 1 serve fruit
- 1 serve salad vegetables
- 2 serves cereal (eg, wholemeal sandwich OR roll OR leftover rice OR pasta dish)
- 1 serve protein (eg, cold meat, egg OR cheese in sandwich)
- 1 serve dairy (eg, a small yoghurt OR custard) to complete a delicious lunch box.

Good luck and remember to enjoy healthy food and being active!

Food advertising - it matters

By Paula Nash, Dietitian, Nutrition Department, Children, Youth & Women's Health Service

What is the concern over TV food advertising?

Children are exposed to large numbers of food ads and many are for foods high in energy, fat and/or sugar. Advertisers use clever ways to attract children and make them desire a product:

- give-aways
- jingles
- cartoon characters
- emphasis on fun, happiness and excitement
- implying the product makes them special or better than others.

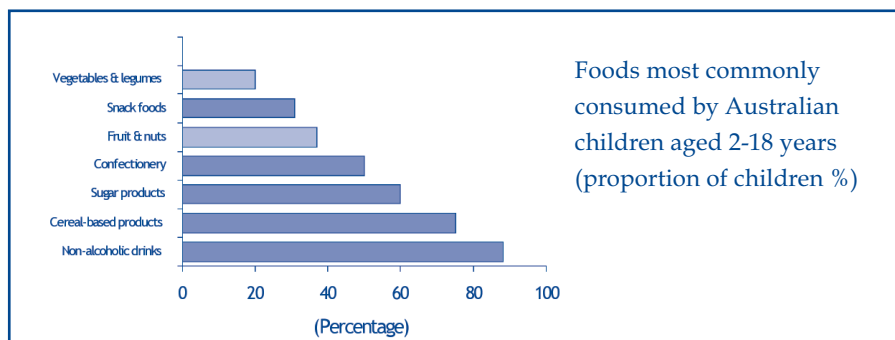
TV food advertising influences children's food preferences and the current regulations are failing to protect children. Health workers, parents, teachers and carers need support to promote healthy eating. *Education is helpful but legislation is needed.*

All adverts directed at children must abide by the Children's Television Standards (CTS). These standards are there to protect children from bad practices and exploitation.

CTS 17: No advertisement may mislead or deceive children.

TV adverts should not trick a child into believing something that is not true. Eg, if an advert for a food with fruit *flavouring* uses images of fruit it may mislead children (and parents) to think that the product contains fruit and is healthy. This type of advert is misleading and a breach of this standard.

CTS 18.1: A licensee may not broadcast any advertisement designed to put undue pressure on children to ask their parents or others to buy the advertised product or service.



Foods most commonly consumed by Australian children aged 2-18 years (proportion of children %)

By using words such as 'buy now', 'limited time only' and 'get swapping now', advertisers encourage children to request the advertised product. This type of persuasive language puts pressure (ie pester power) on children to ask their parents to buy the product. This is a breach of the standard.

CTS 18.2a: No advertisement may state or imply that a product or service makes children who own or enjoy it superior to their peers.

This means that advertisers must not mislead children to think that certain products will make them feel smarter or cooler than their friends.

CTS 19.6: An advertisement for a food product may not contain any misleading or incorrect information about the nutritional value of that product.

This means that advertisers must not mislead viewers into believing that a product contains certain nutritional value, when it may not.

CTS 20.2a: Any reference to the premium (special offer) must be incidental to the main product or service advertised

This means that ads should not spend more time promoting the premium offer (eg, toy, prizes, competition) than on the actual food itself. Adverts that spend more time on a give-away or toy

than on the actual food or meal deal that they are selling would breach this standard.

What can you do?

The voice of the community needs to be heard. We need people to speak out for better regulation and to make complaints about adverts they are not happy with. We need to be proactive for the future health of our children.

- Make a complaint when you notice a breach of the CTS. You can find a step by step guide at www.wch.sa.gov.au/foodadstokids then go to 'How to complain about an advertisement'.
- Express your concern by voting on an online survey at www.wch.sa.gov.au/foodadstokids
- Join 'Friends of CFAC'.
- Discuss the issue with family and friends.
- Discuss the techniques used in ads with your children and help them to understand the persuasive nature of ads.
- Set limits on how much TV and what type of TV programs your children watch.

For further information or if you are interested in being a voice for your community contact Paula Nash on 8161 6152.

Cooks Connection

By Sandra Andreassen, Lecturer, Community Food Services, TAFE SA

The fruits of summer

Summer is a wonderful time of the year with so many delicious fruits available to choose from. Berries are grown on vines, bushes and runners. They are 'in season' during the summer months. Fresh berries are often pricey however frozen berries may be cheaper (approx \$5.00 for 300gms). Not only do they taste great, they are good for you too. They contain vitamins A and C, zinc, potassium and are high in fibre. Here is an easy blueberry recipe. Serve these pikelets plain or with a thin spread of margarine or ricotta cheese. For a special occasion they can be served warm with ice cream.

Blueberry pikelets

(Makes 45)

Ingredients

3 eggs

¼ cup caster sugar

20 ml oil

1½ cups skim milk

1½ cups SR flour

½ cup wholemeal SR flour

½ tspn bicarbonate of soda

1 (200gm) banana, ripe, pureed

150gms blueberries, frozen, defrosted



Method

- Place eggs, sugar and oil in a bowl and whisk together.
- Stir in milk.
- Sift flours and bicarbonate of soda into bowl and beat mixture until smooth*.
- Add banana and stir.
- Fold in blueberries.
- Heat a non stick pan over a medium heat or use a non stick electric frypan.
- Spray with cooking spray.
- Drop tablespoons of mixture into pan, when bubbles start to appear on the surface, turn over and cook until golden brown on the other side.
- Don't turn pikelets more than once as this will make them tough.

**Batter will thicken on standing and may need extra liquid*

It's Easy with Autumn Fruit and Veg!

March – May

It's easy to find a way to get some extra fruit and vegies in your day this Autumn. Explore new tastes. Try something new from the huge variety of locally grown fruit and veg.

Check out the fantastic variety of South Australian and Australian grown fruit and veg available now.

AUTUMN FRESH FRUIT AND VEG

FRUIT:

Apples (Golden Delicious, Granny Smith, Hi Early, Jonathan, Jonagold, Red Delicious)
Bananas
Blackberries
Blueberries
Mulberries
Raspberries
Strawberries
Custard Apples
Dates
Figs
Grapes
Grapefruit
Guavas
Honey Dew
Kiwifruit
Lemons
Limes
Nashis
Oranges (Valencia)
Pawpaw
Papaya
Pears (Buerre Bosc, Corella, Duchess, Josephine, Lemon Bergamot, Packham, Red Anjou, Paradise, Winter Nellis)
Pineapples
Pomegranates
Rhubarb
Rockmelon
Starfruit
Watermelon

* Bold represents SA grown

VEGETABLES:

Artichokes (Globe, Jersulam)
Avocado (Hass, Greenskin)
Beans (Green, Butter)
Beetroot
Bok Choy
Broccoli
Broccolini
Brussels Sprouts
Cabbages (Common, Chinese)
Capsicums (Gold, Green, Purple, Red)
Carrots
Cauliflowers
Celeriac
Celery
Chokos
Cucumbers
Eggplant
Fennel
Horseradish
Leek
Lettuce
Marrow
Mushrooms
Okra
Onions (Brown, Red, White)
Parsnips
Peas (Green, Snow, Sugarsnap)
Potatoes (Bison, Coliban, Desiree, Gourmet)
Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap)
Radish
Salsify
Shallot Bulbs
Shallots
Silverbeet
Spinach
Squash
Swedes
Sweet Corn
Sweet Potatoes
Tomatoes
Turnips
Witlof
Zucchini



Go for 2&5[®]
FRUIT VEG



An Australian Government, State and Territory health initiative. Department of Health

Resources

Compiled by Jane Taylor, Health Promotion Officer, Centre for Health Promotion, Children, Youth and Women's Health Service

Multicultural Parent Easy Guides

Parenting SA has developed three Parent Easy Guides in 15 languages. The topics are:

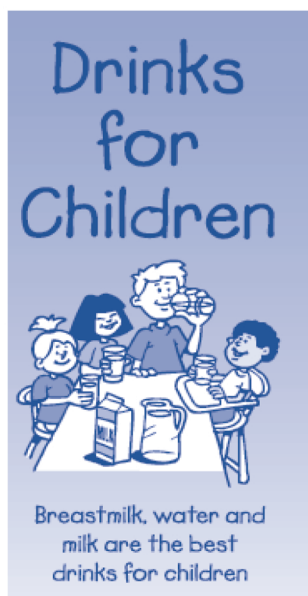
- families
- family health
- children and young people.

They are available in Albanian, Arabic, Bosnian, Chinese, Croatian, English, Khmer, Kurdish, Persian, Russian, Serbian, Somali, Spanish, Tagalog and Vietnamese. They are free in SA from the Migrant Resource Centre SA. To order copies phone (08) 8217 9500.

Drinks for Children

This pamphlet has been written for families and is included with this issue of Food Matters. It provides information about drinks for children.

For more copies of this pamphlet contact the SA Dental Service on (08) 8222 9016.

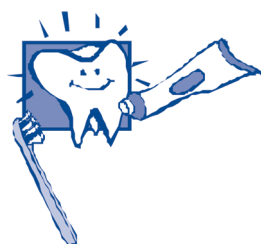


Action Plan for Dental Emergencies

The SA Dental Service has developed a new resource on what to do (and what not to do) in dental emergencies when:

- the tongue or lip are bitten
- teeth are knocked out
- teeth are broken.

To get a copy of the Action Plan contact the SA Dental Service on (08) 8222 9016 or download from: www.sadental.sa.gov.au/DesktopDefault.aspx?tabid=104.



Sugar

The SA Dental Service has developed a pamphlet about sugar. It includes information about:

- what sugar can do to our teeth
- sugar and tooth decay
- amounts of sugar found in common food items
- medicines and sugar
- label reading
- breakfast cereals.



For copies of this pamphlet for families contact the SA Dental Service on (08) 8222 9016 or download it from: www.sadental.sa.gov.au/DesktopDefault.aspx?tabid=104.

Dietary Guidelines for Children and Adolescents in Australia

The Guidelines provide expert advice on the best available knowledge about eating for good health. Materials include:

- a 'Food for health' poster
- a 'Food for health - Dietary Guidelines for Australians' information booklet
- a 'Food for health - Dietary Guidelines for Children and Adolescents'.

All copies are available free of charge. To order copies contact 1800 020 103 (extension 8654), email: phd.publications@health.gov.au or view online:

www.nhmrc.gov.au/publications/synopses/dietsyn.htm



For more information

For enquiries about any aspect of Food Matters, including mailing list details phone (08) 8161 7777. For general information about children's health and nutrition, contact the Health Information Centre at Children, Youth and Women's Health Service on (08) 8161 6875.

Paula Nash
Editor, Food Matters

What's Happening

Compiled by Jane Taylor, Health Promotion Officer,
Centre for Health Promotion, Children, Youth and Women's Health Service

Start Right-Eat Right Nutrition Award Training for child care centres in 2006!

Join the 132 South Australian child care centres who have done the Start Right-Eat Right accredited nutrition course (since 2001).

Start Right-Eat Right Nutrition training gives your Centre Director and Cook the knowledge, skills and tools needed to:

- plan a healthy menu (or lunchbox from home) that meets at least 50% of a child's recommended daily intake for good nutrition
- write a best practice Nutrition Policy for your centre
- ensure a positive and enjoyable eating environment at your centre.

Centres who meet the Start Right-Eat Right Nutrition and Food Hygiene criteria are then eligible for the Start Right-Eat Right Award certificate, sticker and gate sign.

Start Right-Eat Right accredited training courses will be run regularly during 2006 in both metropolitan and rural areas. Course dates will be advertised soon.

For more information, contact Alison Martin, SRER Project Officer on 8325 8100, or register your interest with Michelle Abbott via email Abbott.Michelle@saugov.sa.gov.au



Training for cooks at the Gowrie Training Centre

Come and hear about topical issues in preparing food in child care and how to manage your role as a cook at a child care centre. This is a chance to talk about the issues around providing meals and snacks for children in your Centre.

The workshop is held at the Gowrie Training Centre, Thebarton and costs \$44.00 per person.

Contact the Gowrie Training Centre on 8234 5219 to find out more details (including the workshop date) or to book for the workshop.

You can also check the Gowrie's website: www.gowrie-adelaide.com.au for details about the training they offer.

Food Safety

Come along and hear the essential information for child care services regarding the new Food Safety Standards and the Food Safe training package.

The three hour workshop will be held at the Gowrie Training Centre, Thebarton and costs \$44.00 per person.

The Gowrie Training Centre also offers training held at your Centre on a weekday (\$220.00), a weeknight (\$286.00) or during the day on the weekend (\$396.00).

For further details about this and other training programs go to the Gowrie's website: www.gowrie-adelaide.com.au



The SA Child Care Nutrition Partnership aims to promote good nutrition for all South Australian children in early childhood services.

Partners include representatives from Child Care Associations, Department of Education and Children's Services, TAFE, Gowrie Training Centre, SA Dental Service, child care centre cooks, Children, Youth and Women's Health Service (Women's & Children's Hospital), The Cancer Council South Australia, Southern Adelaide Health Service (Noarlunga and Inner Southern Community Health Services) and Department of Health.

Editorial Policy

Food Matters aims to promote good nutrition in early childhood by providing nutrition information, advice and support to carers of young children and showcasing child care food and nutrition initiatives. While every effort is made to include articles which meet these objectives, inclusion does not necessarily imply endorsement by the SA Child Care Nutrition Partnership. This newsletter may be copied for educational and non-profit purposes with acknowledgement.

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Government of South Australia

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